



Traveling abroad?

Go with Blue and spend your vacation money on the fun stuff.

As a Blue Cross member, you can have peace of mind wherever you go. Through **Blue Cross Blue Shield Global® Core**, you're covered for urgent and emergency care in Michigan, across the country and around the world.

Log in to our mobile app or visit www.bcsglobalcore.com to find providers outside the United States who participate with Blue Cross. You can also find valuable resources to help you stay safe and healthy abroad. For more details, call the Customer Service number on the back of your member ID card.

Before you go.

Some countries restrict entry by tourists and other non-essential travelers. If you're planning a trip abroad, it's a good idea to check the embassy website of your intended destination for information on entry and exit restrictions, quarantine policies and other important health and safety concerns.

For more information about Blue Cross and BCN Medicare Advantage plans, call **1-888-563-3307** from 8 a.m. to 9 p.m. Eastern time, Monday through Friday, with weekend hours Oct. 1 through March 31. TTY users, call **711**.



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

Nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association

Medicare Plus BlueSM and BCN AdvantageSM are PPO and HMO-POS plans with Medicare contracts. Enrollment in Medicare Plus Blue and BCN Advantage depends on contract renewal.

Out-of-network/non-contracted providers are under no obligation to treat Medicare Plus Blue and BCN Advantage members, except in emergency situations. Call our Customer Service number or see your Evidence of Coverage for more information, including the out-of-pocket costs that apply to out-of-network services.

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At home and on the road ...
Blue Cross is

**READY
TO HELP**



**Travel perks for
Medicare Plus BlueSM PPO and
BCN AdvantageSM HMO-POS
plan members**

Coverage when you're traveling in the U.S.



If you're away from home and need medical attention, the last thing you want to worry about is whether a service is covered or if you'll have to pay higher out-of-network costs.

Compare and save

Plans vary, so it's a good idea to compare benefits when choosing a Medicare Advantage plan. It's important to check the provider network and how it affects out-of-pocket costs. With a Blue Cross Medicare Advantage plan, you'll travel with confidence and save money if you choose a doctor from our nationwide network of Blue plan providers.

We'll help you find the right Medicare Advantage plan so you can relax and enjoy your travels even more with the money you save.

Quality coverage from coast to coast

With our **Medicare Plus Blue PPO** plans, you have access to tens of thousands of leading doctors and hospitals nationwide — typically at in-network rates where Medicare and the Blue Cross card are accepted. PPO members can use their Blue Cross member ID card for services and potentially save hundreds of dollars on out-of-network fees and deductibles.

With **BCN Advantage HMO-POS** plans, you have the same out-of-pocket cost at home and on the road for routine care with Blue plan providers when it's prearranged by your primary care doctor.

All Blue Cross Medicare Advantage plans offer emergency and urgent care coverage nationwide.

Doctors and therapists are a click away

We offer safe and secure online medical and behavioral health services through your phone, tablet or computer from anywhere in the United States.

Our virtual care solution offered through Teladoc Health™ provides 24/7 access to U.S. board-certified medical providers trained in telemedicine to treat non-emergency illnesses. If it's covered by your Blue Cross plan, these medical visits cost the same as a regular office visit.* For general health-related questions, you can call our 24-Hour Nurse Line.

**Plans vary; check your benefits*

SilverSneakers® travels with you

If your group or individual Medicare Advantage health plan includes SilverSneakers, you can find a SilverSneakers fitness location to meet your needs almost anywhere you go in the U.S.*

Don't want to go to the gym? SilverSneakers offers live and on-demand online classes and video workouts making it easy to stay fit on the go!

